

By Maddie Megargee and Rosalyn Koscica

### Day 1

cardio -20 minutes -70 rpm -120 heart rate

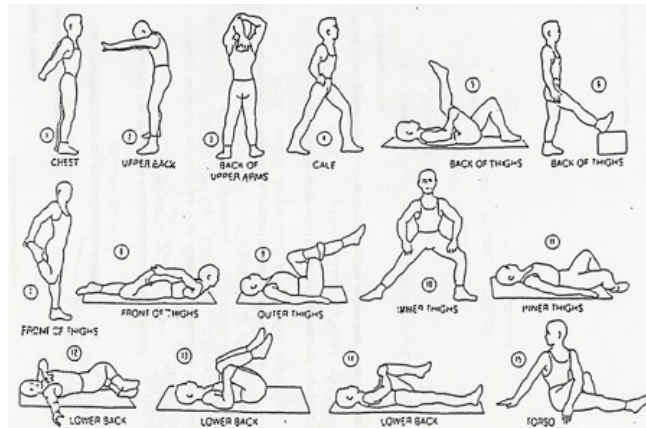
10 reps with a medicine ball (4kg)

10 reps on leg press, 20 pounds more than your weight

10 reps on the ab crunch

10 reps on the arm push machine

jumping jacks and stretches on the mat for 10 minutes



### Day 2

cardio -20 minutes -70 rpm -120 heart rate

bar weight lifting- biceps for 10 minutes

10 reps on gravitron, 20 pounds less than your weight

10 reps on arm press

planks and pushups rotating every minute for 5 minutes

### Day 3

cardio -20 minutes -70 rpm -120 heart rate

static rowing 2 sets of 10 reps

lifting dumbbells for 5 minutes, 10 pounds

jog up and down stairs 5 times

leg lifts for 5 minutes

crunches and twisting crunches for 5 minutes

wall sit for 5 minutes (or as long as you can go)

### Day 4

cardio -20 minutes -70 rpm -120 heart rate

ladder workout for 10 minutes

2 sets of 10 reps arm pull

2 sets of 10 reps on v crunch ab machine

arm stretcher, following workout on panel

2 sets of 10 reps on the hip abduction/adduction

**QR Code**

